188. Bangzah In Ka Lungnop

How Pleased and Blest Was I

Isaac Watts, 1674-1748

Doh is F

1

Bangzahin ka lungnop, mi honpi’ aw ka za,

Tuni-in Topa va zong ni;

Lungnop takin om ni, Zion mualah pai ni,

Kiciamin Topa min phat ni.

2

Zion mualah nopna, hehpihna tawh kidim,

A muanhuai kulhpi tawh ki-uum;

Tua mun va beel ciat ni, Ama min phat ding le,

Lungdamna la ngai ding pai ni.

3

Tua ah David Topa’n, A kumpi tokhom koih,

Hehpihna tawh thuman khen ding;

Mi siangte lungdam ding, mawhnei mite dah ding,

Kiniamkhiat in lungdam tek un.

4

Lungnopna hong tung hen,
Lungdamna’n hong zui hen,
Mi khempeuh in thupha ngah in;
Topa’ nopna sang hen, A pha deihna khangin,
Gen zawh loh thupha hong tung hen.